

The Biophilic Home Starter Checklist

Light, materials, and greenery, room by room, from Modern Sense Furniture

Start with light

- 1

Map where daylight falls through the day
Note bright, medium, and dim zones before buying anything.
- 2

Swap heavy drapery for sheers
Gain daylight without losing privacy.
- 3

Place a mirror to bounce light deeper
Especially useful in north-facing GTA condos.

Add natural materials

- 1

Anchor with one solid-wood or stone piece
A coffee or side table gives the room a tactile centre.
- 2

Layer wool, linen, and jute textiles
Texture warms up clean modern furniture.
- 3

Favour matte natural finishes over high gloss
They read as organic and age gracefully.

Bring in greenery

- 1

Match each plant to its actual light
Snake plant or pothos for dim spots; fig for bright corners.
- 2

Group a few plants rather than scattering many
A cluster reads as a deliberate, calming feature.
- 3

Frame a view with your seating
Point the eye at a window or plant grouping.

Furnishing a home in Toronto and the GTA? Our design team can help.

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